

ABSTRACT

The present invention relates to a fitness program that considers a person's fitness level, fitness goals, and body type. Specifically, the present invention provides a system and method for prescribing a fitness program that includes the proper percentage of aerobic versus anaerobic exercise for a person, the specific exercises, the sequence of the exercises, and the preferred resistance for the selected exercises. The prescribed fitness program is based on the person's fitness level, fitness goals (goals such as losing weight, gaining strength, training for a particular sport, gaining mass, enhancing cardiovascular fitness, toning, etc.) and the person's body type. In the preferred embodiment of the present invention, there are four body type classifications with three fitness programs provided for each that correspond to three different fitness levels. The system and method of the present invention allows a person to achieve their fitness goals easier and more quickly than fitness programs prescribed by previous methods.